

# Virtual PE

## Week 13: A

With Mr. Adrian

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### Schedule:

1. Character Trait of the Week
2. Jurassic Chase
3. Yoga Freeze Dance
4. Spider-verse Workout
5. Healthy living Tip

\*If videos aren't working,  
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“Present”

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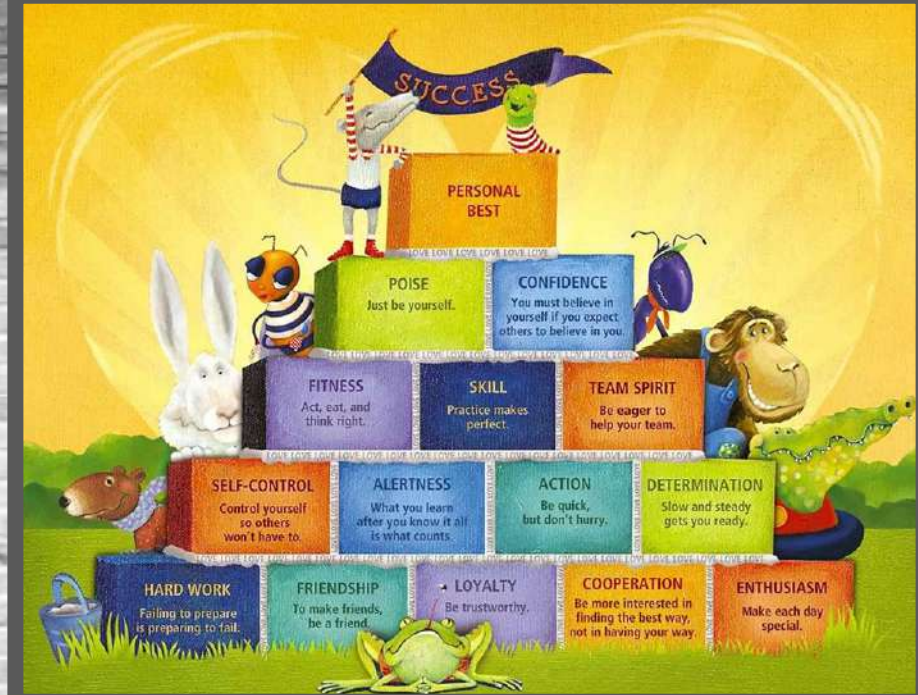


## Character Trait of the Week:

# Fitness



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Fitness: act, eat, and think right



Which is an example of:



# Overall Fitness



A

Eating junk food



B

Eating healthy food

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Which is an example of:

# Overall Fitness



A

Eating junk food



B

Eating healthy food

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# Jurassic Space



# Jurassic Space



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# YOGA FREEZE DANCE #2

# Yoga Freeze Dance



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# SPIDER- VERSE WORKOUT



#GETKIDSMOVING    You Tube

# Spider-verse workout

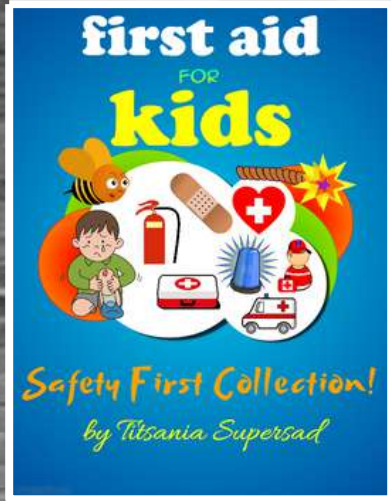




Healthy Living Tip:

Be happy with your size





Healthy Living Tip:

Take care of yourself!